

## Barwell Road Community Center

# Winter/Spring Programs

## **Preschool and Youth Programs**

#### **Barwell Road Little Artists**

Age: 2-5 yrs. Join your friends as we create art projects that are themed around different artists. Budding artists will be creative through cutting, pasting, painting and more! Parents are required for 2-3 year olds and welcomed for 4-5 year olds. Course Fee: \$5

#151750	Jan 28	Tu	10:00 AM-10:45 AM
#151751	Feb 25	Tu	10:00 AM-10:45 AM
#151752	Mar 25	Tu	10:00 AM-10:45 AM
#151753	Apr 29	Tu	10:00 AM-10:45 AM

#### Playgroup Tot Time

Age: 1-5 yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. Course fee: Free

#150370 Jan 8-Apr 30 W 10:00 AM-12:00 PM

## Valentine - Preschool Scrambler

Age: 2-5 yrs. Preschoolers will enjoy a Valentine party filled with crafts, games and fun! A small snack will also be enjoyed. Parents or guardians are required for 2 year olds and welcome for older participants. Course Fee: \$6

#150376 Feb 14 F 9:30 AM-10:15 AM

#### Dance-Ballet I

Age: 3-7 yrs. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Throughout this series of classes, students focus on building balance, strength, coordination and poise. This is a continuous program offered through out the year to allow children to build on their skills. Instructor: Ms. E is the owner of the Ethyln Lassiter's Dance. Course Fee: \$43 per month

#150166	Jan 4-25	Sa	10:00 AM-10:45 AM
#150167	Feb 1-22	Sa	10:00 AM-10:45 AM
#150168	Mar 1-29	Sa	10:00 AM-10:45 AM
#150169	Apr 5-26	Sa	10:00 AM-10:45 AM







#### Dance-Jazz

Age: 7-14 yrs. This class explodes with energy with music styles ranging from hip hop, show tunes, and music of to-day together with the classical jazz music of yesterday. The beat alone will get you moving. The class will explore body isolations of the head, shoulders, ribcage, feet and arms and encourage individual expression and the development of personal style with an emphasis on basic jazz dance technique, terminology and movement. This is a continuous program offered through out the year to allow children to build on their skills. Instructor: Ms. E is the owner of the Ethyln Lassiter's Dance. Course Fee: \$43

#150174	Jan 4-25	Sa	11:00 AM-11:45 AM
#150175	Feb 1-22	Sa	11:00 AM-11:45 AM
#150176	Mar 1-29	Sa	11:00 AM-11:45 AM
#150177	Apr 5-26	Sa	11:00 AM-11:45 AM

#### Martial Arts- Youth Shotokan

Age: 6-14 yrs. Shotokan builds character through the training of martial arts. Participants will master the different components of Shotokan style Karate. Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. This is a group instruction class with some individual attention. Instructor is Eric Blaize. Course Fee: \$15

#150191	Jan 6-29	M, W	6:00 PM-7:00 PM
#150192	Feb 3-26	M, W	6:00 PM-7:00 PM
#150193	Mar 3-26	M, W	6:00 PM-7:00 PM
#150194	Apr 2-30	W, M	6:00 PM-7:00 PM

#### All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Course Fee: \$36

#150743 Mar 16-Apr 6 Su 2:15 PM-3:00 PM

## All Sports - Youth

Age: 5-10 yrs. Interested in introducing your athlete to a variety of sports? This program introduces participants to the fundamentals of a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Start playing now! Course Fee: \$36

#150744 Mar 16-Apr 6 Su 3:00 PM-4:00 PM

#### Anderson Point Dinosaur Expedition

Age: 3-6 yrs. Join other junior paleontologists as we learn interesting facts about dinosaurs, make a craft and hunt for dinosaur eggs. Junior paleontologists will meet at the small shelter near the playground. Program is at Anderson Point Park (20 Anderson Point Dr, 27610). Course Fee: \$6

#150742 Apr 24 Th 10:00 AM-10:45 AM





#### **Princess Picnic**

Age: 3-7 yrs. Princesses will participate in Princess Training and a delightful craft. We will also play a fun princess game. Princesses will meet at the small shelter near the playground. Parents are welcome, but not required. Princess must be registered in advance of class. Program is at Anderson Point Park (20 Anderson Point Dr, 27610). Course Fee: \$6

#150372 Apr 10 Th 5:00 PM-5:45 PM

#### All Sports - Soccer, T-ball & Lacrosse

Age: 3-5 yrs. Introducing the basic skills of locomotor movements, soccer, t-ball, and lacrosse in a fun, social and noncompetitive atmosphere. Helps develop listening skills, patience, cooperation and sportsmanship skills. Participants will meet at the field near the large shelter. Program is at Anderson Point Park (20 Anderson Point Dr, 27610).

Course Fee: \$36

#150382 Apr 1-22 Tu 6:00 PM-6:45 PM

## Y.E.S. - Youth Escape School

Age: 5-12 yrs. Need something for your child to do on school holidays and teacher work days? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field trips, if offered, may require additional fees. Each participant must bring lunch and 2 snacks. Course Fee: \$30

#153925	Jan 21	Tu	7:00 AM-6:30 PM
#153926	Feb 17	M	7:00 AM-6:30 PM
#153927	Mar 28	F	7:00 AM-6:30 PM
#153928	Apr 21	М	7:00 AM-6:30 PM

## **Teen and Adults Programs**

#### Dance - Jazz II

Age: 15yrs. and up. This class explodes with energy with music styles ranging from hip hop, show tunes, and music of today together with the classical jazz music of yesterday. The class will explore body isolations of the head, shoulders, ribcage, feet and arms with an emphasis on basic jazz dance technique, terminology and movement. This is a continuous program offered through out the year to allow teens and adults to build on their skills. Instructor: Ms. E is the owner of the Ethyln Lassiter's Dance Ensemble. Course Fee: \$43

#150153	Jan 4-25	Sa	12:00 PM-1:00 PM
#150154	Feb 1-22	Sa	12:00 PM-1:00 PM
#150155	Mar 1-29	Sa	12:00 PM-1:00 PM
#150156	Apr 5-26	Sa	12:00 PM-1:00 PM

#### Coupon Swap - Barwell Savers

Age: 17yrs. and up. A coupon swap is for people interested in saving money and passing along deals to help others. Please bring clipped, unexpired coupons to share and trade with the group. Please do not bring coupons printed from a computer. Group will also discuss savings tips and tricks. Dawn Leblond will be available to offer advice and coupon methods. This is a drop in program that meets the first Wednesday of the month. Course fee: Free

#154300 First Wednesday of the month 1:00 PM-3:00 PM



Barwell Road Community Center 3935 Barwell Road Raleigh, NC 27610 919-996-5994 Email: Barwell.Road@raleighnc.gov



#### English as a Second Language (ESL) - Clases de Ingles

Age: 18yrs. and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Course fee: Free

#149192 Jan 8-Feb 12 W 7:00 PM-8:30 PM #149209 Feb 26-Apr 2 W 7:00 PM-8:30 PM

## Exercise - Weight Room/Fitness Centers

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Course Fee: Daily pass: \$2; 30 day pass: \$15; 6 month pass: \$75

## Martial Arts - Adult Shotokan

Age: 15yrs. and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Some youth may participate with instructors approval. Class is on Mondays and Wednesdays from 7pm-8pm. Instructor is Eric Blaize.

Course Fee: \$15

#150184	Jan 6-29	M, W	7:00 PM-8:00 PM
#150185	Feb 3-26	M, W	7:00 PM-8:00 PM
#150186	Mar 3-26	M, W	7:00 PM-8:00 PM
#150187	Apr 2-30	W, M	7:00 PM-8:00 PM

#### Zumba at Barwell Road

Age: 13yrs. and up. Zumba is one of the latest fitness craze! It is an aerobic fitness class using rhythms from Salsa, Merengue, Samba, Cha Cha, and other Latin music. This class combines body sculpting movements with easy to follow dance steps! You may bring small weights. Chairs will be available for chair Zumba on Thursdays. Instructor is Portia Walton. Course Fee: 17 and younger: \$3 per class; 18 and older: \$5 per class

#150252 M 6:00 PM-7:00 PM #150253 Th 6:30 PM-7:30 PM

## Basketball - Active Adults Open Play

Age: 50yrs. and up. Join other active adults in playing basketball, staying healthy and learning the Senior State Game rules! Participants play competitive half court pickup games, but all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat! The program is for adults 50 and older. Course fee: Free

#150383 Jan 2-Apr 28 Th, M 3:00 PM-6:00 PM



